

Summer Yoga Stories

Name **Prasanna**

Age **5 yrs**

WHAT WE LEARNED



50+

Yoga poses that made us strong, flexible and balanced.



10+

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



15+






Yoga stories through which we improvised, used our bodies creatively, explored different cultures and built empathy

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SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
SOCIAL 	Listening & Attention		★	
	Participation			★
	Communication			★
PHYSICAL 	Overall Fitness			💪
	Flexibility			💪
	Balance		💪	
INTELLECTUAL 	Memory		🧠	
	Comprehension		🧠	
	Focus	🧠		
CREATIVE 	Imagination			🌈
	Improvisation			🌈
EMOTIONAL 	Reflection		💖	
	Self-awareness		💖	

Takeaways

Prasanna has always been keen and excited about learning new activities planned every week. He displayed very good creativity in improvising with what he learnt to make his own games or versions of it. He was always interested to learn the breathing exercises and enjoyed creative ways to perform them. It was a pleasure to teach Prasanna. Well Done!